



Stay Active When You Are Pregnant

Here are good things to do when you are pregnant:

- Walk
- Swim (The water should not be too hot or too cold)
- Bicycle (You may want to use a stationary bike to protect you from falls that can happen as your uterus gets bigger)
- Do Kegel exercises (See the handout *Exercises To Do When You Are Pregnant*)
- Go to exercise classes for pregnant women
- Try to relax. You can sit in a chair or lay on your side. Breathe in through your nose. Breathe slowly out through your mouth.

If you were used to being active before you were pregnant, you may be able to:

- Jog up to 2 miles per day
- Swim
- Do exercises of low to moderate intensity for prenatal or postpartum women
- Lift weights (Do not hold your breath while you lift the weights)
- Ski cross-country below 10,000 feet
- Hike

When you are pregnant, you should NOT:

- Do exercises that might harm the abdomen
- Do exercises that involve jerky, bouncy motions
- Jog more than 2 miles per day
- Play contact sports like football or karate
- Ride horseback

It can also be dangerous to:

- Water ski, dive, surf, or scuba dive
- Ski downhill
- Bicycle when the ground is wet
- Skate



Always talk with your doctor before you start an exercise program. It is a good idea to try to exercise at least 30 minutes every day.